



Hieroglyphics: the NSU University School Literary Magazine

Volume 7 *Roots*

Article 6

5-1-2000

Depression

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Recommended Citation

Kaplan, Alexis (2000) "Depression," *Hieroglyphics: the NSU University School Literary Magazine*: Vol. 7, Article 6.
Available at: http://nsuworks.nova.edu/uschool_litmag/vol7/iss1/6

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Depression

Alexis Kaplan

Pain, anguish, stress, discomfort,
A wild roller coaster out of control.

Everything is unpredictable
What will happen next?

There is nobody out there,
Not one person to turn to.

So tired, but can't sleep,
Seem that no one can help me now.

Can't remember how to smile,
There is no need to keep living.

Is my existence important to anyone?
Would you notice if I were gone?